HIV and STD Prevention

January 2005

Adapted from MCCS Semper Fit Lecture of Sep 2001

Objectives

- ✔ **List 3 consequences of risky sexual behavior.**
- ✔ **Discuss how STDs, like HIV are transmitted.**
- ✔ **Describe methods to reduce risk of HIV/STDs and unplanned pregnancies.**
- ✔ **Describe the relationship between alcohol and sexual behavior.**

What do STD and VD mean?

Sexually

Transmitted

Disease

Venereal

Disease

Consequences

- Unplanned pregnancy can impact:
  - relationships
  - finances
  - school plans
  - career plans
- An STD infection can:
  - harm your health
  - damage or destroy relationships
  - affect your career (HIV)

What are some STDs/VD?

Chlamydia

Gonorrhea

Genital Herpes

Human Papillomavirus (Venereal Warts)

Syphilis

Hepatitis B

HIV (AIDS)

What do we need to know about STDs?

STDs are an epidemic among young adults

STDs are common in in US and in foreign ports

Some STDs are resistant to drugs

STDs can be passed to women & babies

Some STDs, like HIV, can be treated but cannot be cured

STDs, HIV and Deployment: Entering an “enemy stronghold”

HIV rates are very high in parts of Africa and Asia, in locations where Marines often deploy

Prostitution is a MAJOR CONTRIBUTOR to the HIV epidemic

The enemy is silent

Some people with STDs don’t know they have it BUT they can spread the disease to others, like these:

HIV HPV Herpes Chlamydia

You cannot tell if a person is infected just by looking at them

Understanding HIV

"HIV" stands for Human Immunodeficiency Virus

HIV attacks the immune system, the body's defense against infections

When the immune system fails, "AIDS" develops (Acquired Immuno Deficiency Syndrome)

A person with AIDS can't fight off infections.

New medicines help but don't cure

Dangerous Misconceptions

HIV is a “gay disease”

HIV is a “drug addict’s disease”

HIV only happens to “someone else”

Sex with an Active Duty member is “safe”

Even Marines are not immune

MARINES ARE TOUGH, BUT…

HIV doesn’t care WHO YOU ARE

All that matters is WHAT YOU DO

Wake-up Call!!

Between 1985 and 2003:...

671 Marines Became Infected With HIV

HIV Transmission: The enemy's tactics

HIV does not strike "out of the blue" or at random

To get HIV, a person must have contact with BLOOD, SEMEN, or VAGINAL SECRETIONS

When are you vulnerable to attack?

HAVING SEX
IS THE MAIN WAY
HIV IS TRANSMITTED

Sex can be a very dangerous activity

(due to contact with semen, vaginal secretions, and or blood)

Believe it or not

Worldwide, HETEROSEXUAL contact is the #1 mode of HIV spreading

In the U.S., HETEROSEXUAL contact is the fastest growing mode of HIV transmission

HIV and SEX: Things to think about

Vaginal or anal sex can transmit HIV

Oral sex is much less risk for HIV, but other diseases can be easily spread that way

More sexual partners = more HIV risk

Sex with a prostitute is especially high risk

Battle Plan: for the safest sexual choice

The safest sexual choices are:

- Don’t have sex or delay sex (abstinence)
- Have sex only with 1 steady partner who only has sex with you (mutual monogamy)

These options can <u>eliminate</u> risk

Battle Plan: Lowering the Risks

If you choose to have sex, outside of monogamy, you may reduce risk by:

- Use a LATEX CONDOM correctly and every time
- Have sex with fewer people
- Avoid prostitutes and anyone with many partners

Condoms: "Body Armor"

LATEX CONDOMS

- Greatly reduce the risk of HIV transmission,
- Reduce the risk of getting some other STDs like gonorrhea and chlamydia
- Reduce the risk of pregnancy
- Must be used correctly and every time
- Damaged by oil-based lubricants, like baby oil and vaseline

“Body Armor” for Female Marines

The condom is also a WOMAN’S BODY ARMOR, even if though is her partner wearing it

The decision to use a condom affects BOTH male and female partners

Take charge and insist on a condom

Alcohol: A powerful ally to STD's

ALCOHOL can set you up

ALCOHOL clouds your judgment making you more likely to take some big sexual risks

Would you have "a couple of drinks" before a firefight with a heavily armed enemy?

The “Buddy System”: Taking care of our own

On the battlefield, Marines watch out for each other

Marines also watch out for each other on liberty (i.e. designated driver)

Use the buddy system to keep a fellow Marine from doing something stupid or risky with STD’s, including HIV

Use the Facts: Make a Battle Plan

Avoid the enemy when possible -- don't have sex

Carry "body armor" if you might see action
(Use it every time you engage in sexual activity)

Stay in control – stay sober

Use the buddy system to protect fellow Marines from danger. Make sure they know the facts and protect themselves.

Battle Plan on Deployments

PROSTITUTES

at HOME and OVERSEAS
are a
HUGE HIV / STD RISK

Just say NO!

Needles & Tattoos: Another Red Flag

Needles should NEVER be shared or re-used -- NOT FOR ANYTHING!

Re-using or sharing a needle means injecting someone else's blood into YOU (and HIV with it)

Getting a tattoo can be risky, especially overseas -- Licensed U.S. tattoo parlors are the safest bet

HIV Hits Families

Babies born to HIV positive mothers can be born HIV infected

Breast feeding mothers who are HIV positive can pass the infection to their babies

This is another reason not to bring HIV home to your loved ones

You **CANNOT** get HIV from:

- a toilet seat
- being coughed or sneezed on
- sharing eating utensils
- living with someone who is HIV positive
- sharing a bathroom
- tears, saliva, or sweat
- casual contact

WHY?

Because they don’t involve:

BLOOD
SEMEN
VAGINAL SECRETIONS

Navy/Marine Corps Policy on HIV testing

Military members are tested for HIV not less than every 2 years

Your HIV status remains CONFIDENTIAL

What happens if you are HIV positive?

If you are HIV positive, you are assigned to
a non-deployable billet in the U.S.

You can re-enlist and be promoted

You may stay on active duty as long as you
remain well and can still do your job

Once you become sick, a medical board is held to medically retire you, with full

Summary

Risky sexual behavior can affect your:

health, finances, relationships, career

STDs, like HIV are transmitted through

oral, vaginal and anal sex

Abstinence and mutual monogamy can eliminate risk

Latex condoms can reduce risk of disease and pregnancy

Make a plan and stick to it

get the facts
so you can make informed
personal health choices.

More info: Navy Environmental Health Center – Sexual Health and Responsibility Program (SHARP) www-nehc.med.navy.mil/hp/sharp
(757) 953-0974